

Abstract

Title: Case Study of Physiotherapy Treatment of a Patient after Fracture of External Ankle

Aim: The aim of this thesis is to get teoretical and practical knowledge about ankle fractures and their treatment.

Method: The thesis includes research of literature about the problem. It consists of two parts: general and special. In the general part, there is a basic description of the anatomy and function of lower leg and ankle joint. Next there is the description of traumatology of this area, especially fractures. It studies the mechanism of fracture formation, surgical and conservative treatment and the possibilities of physiotherapy intervention. The special part is constructed as a case study. It includes detailed assessment of a patient, an initial kinesiology analysis which determines the aim and methods of the therapy. Next there is described the cousre of individual therapeutic units, final kinesiology analysis and a therapy efficiency evaluation.

Key words: case study, ankle joint, fracture, rehabilitation, physiotherapy